



# Body Sculpting

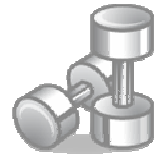


You will be guided through total body strength workouts using free weights, resistance bands, and natural body resistance. Strength training increases your body's lean muscle mass so you will burn more calories, even at rest!

(Weights and bands are provided)

**Sept. 13 - Nov. 8**

(No class Oct. 11)



**Monday, Wednesday and Friday  
9:15 – 10:15am**



**Fees:**

**Unlimited:** Members: \$145 or \$13 per class

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**Body Sculpting**

**Fall 2010**

**Sept. 13 - Nov. 8**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Member: Y N Check #: \_\_\_\_\_ Amount \$: \_\_\_\_\_

**I hereby certify that I, the undersigned, am aware of the strenuous nature of this activity and its inherent dangers and have consulted with my physician before beginning this class.**

Signature: \_\_\_\_\_

